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# INPORT NEWS

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## ■ SHIPPING: Seaway surge

### Good for biz

DAVE JOHNSON  
 InPort News Staff

PORT COLBORNE — With an increase in cargo moving through the St. Lawrence Seaway and Welland Canal, two local companies have seen their business also increase.

see SEAWAY page 2

See Inside:

**INSERTS**  
 Full Distribution

**Sears**

**home's**  
 Selected Areas

**M&M**  
 MAY SHOP

## ■ CHRISTMAS: Port Colborne Historical and Marine Museum's 34th annual Grand Old Christmas Festival



### Busy schedule for Santa

InPort News Staff

PORT COLBORNE — Santa will be a busy man in Port Colborne the first weekend in December.

After arriving by nightboat and taking part in the annual parade on Saturday, Dec. 4, Jolly Old Saint Nick will spend Sunday, Dec. 5, at Port Colborne Historical and Marine Museum's 34th annual Grand Old Christmas Festival.

Before Santa sits in a log school house, where children can have their picture taken with him, he can take in the museum's Ornaments of Society display, said assistant curator Lynn van Dillen.

DAVE JOHNSON Staff Photo

Port Colborne Historical and Marine Museum assistant curator Lynn van Dillen, left, and Michelle Mason, the museum's education programmer, hold Christmas decorations beside a wooden model lighthouse built out of 3,700 pieces of solid walnut. The lighthouse, built by Leroy Edward Doan, will be on display during the museum's 34th annual Grand Old Christmas Festival on Sunday, Dec. 5.

The display will be open during the festival and looks at artifacts that reflect society's love of treasured objects, from figurines to furniture. Part of the display will have various Christmas ornaments brought to the city from across the world.

To tie in the display with the festival, van Dillen said the museum is having a Christmas ornament contest this year (last year's contest was about trees). She said Michelle Mason, the museum's education programmer, organized the contest and went around to all the schools in the city to get them involved.

"Michelle wanted to try to do something different this year. She asked the schools to design a large ornament."

While no entries have come in as yet, van Dillen and Mason are hopeful the schools, including both high schools, will enter. Festival visitors will judge the ornaments.

When Mason went to the schools, she asked students who are going to participate to use recycled materials to make the ornaments. The winners get a pizza party and a history book written by Don Anger.

see SANTA page 2

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## SEAWAY

# High volume of canal traffic boosts local companies

FROM PAGE 1

St. Lawrence Seaway Management Corp. reported that shipments reached 27.1 million tonnes from March 25 to Oct. 31, an increase of 17.5% over the same period in 2009.

With all of the ships moving through the system, Vance Badawey said the family-run George Badawey Marine Food Supply business is up about 50% compared to last year.

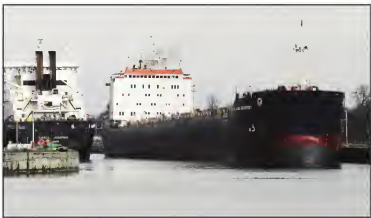
"By all means it's due to the increased traffic through the seaway system," Port Colborne's mayor added.

He attributed the increase to the company diversifying its business as well throughout the last year.

Badawey Marine has regular customers in the shipping industry and has added some new customers this year. Badawey said the company doesn't talk about its customers in the industry, but its primary product is food for ships that pass through the system.

Over at West Pier Marine and Industrial Supply Inc., vice-president Rick Huneault said 2010 has been significantly better than 2009.

## SANTA



DAVE JOHNSON Staff Photo

Algoma Central Corp's Algoma Discovery makes its way past Upper Lakes Shipping's Canadian Enterprise just south of Bridge 19A in Port Colborne last week. Local companies have seen their business grow as a result of an increase in the amount of ships and cargo being moved through the St. Lawrence Seaway system.

"We've seen a marked difference from last year," he said, adding 2009 was one of the worst years the company has seen.

West Pier offers marine services such as spill containment, marine paint and chemicals, ropes, rigging and accessories, safety wear and marine lubricants.

Huneault said while the company is not at the point it was a few years ago, it did see a 20% increase in business this year on the marine side. He expected to see more business before the shipping season ends in late December of this year.

"There's still a lot of product to be moved before the

seaway closes."

In addition to serving domestic shipping companies, Huneault said West Pier, through its company Montreal Boatmen, looks after foreign ships in the Montreal area. He said there's been an increase in foreign ships coming through the Montreal area and locally as

"We've seen a return in project-based shipping through wind turbines coming into the system. There was a dramatic decline in that area last year, but it has returned to 2008 levels."

Bruce Hodgson, St. Lawrence Seaway Corp.

well.

Bruce Hodgson, director of market development for the seaway, said more foreign ships are coming into the seaway system this year, which accounts for an increase in the amount of transits being made.

"We've seen a return in project-based shipping through wind turbines coming into the system. There was a dramatic decline in that area last year, but it has returned to 2008 levels."

A rebound in the steel industry has been good for the seaway system. Hodgson said inbound steel shipments via foreign ships, or salties as they're called, has increased as well.

"It had a direct impact on our business." From one shipment to the end of October are up 52% over the same time period last year.

"Coal is up about 21%,"

Hodgson said. "Grain, overall, is up 4% over last year and we've seen a big increase in grain shipments. It's up 22% to date over last year."

He said there's been a big demand for U.S. grain and a lot more salties are moving through the system to pick up grain in U.S. ports, typically in the Lake Superior area.

At the end of October last year, ships made a total of 2,784 transits through the seaway.

In the same time period this year, there have been 2,984 vessel transits.

"We expect to see that trend continue," said Hodgson.

He said the seaway finished 2009 shipping season with a total of 31 million tonnes moved through the system and projected by the end of the season this year, that figure will be about 35 million tonnes.

djohnson@wellandtribune.ca

## Carriage rides, hot cider and roasted chestnuts with Santa Claus

FROM PAGE 1

After viewing the ornaments, inside the L.R. Wilson Heritage Archives, visitors can roam the

museum grounds and visit with Santa, take a carriage ride, have hot apple cider and roasted chestnuts and get some tea and Christmas pudding inside Arabella's

Tea Room.

Clark Simpson, of Pig Roast Promotions, will be serving sausage on a bun and there will be caramel-dipped apples as well.

One tradition that carries on at the festival is log sawing and branding. Families can saw a log and then have the piece branded at the blacksmith's

shop.

The festival runs from noon to 4 p.m. and the majority of the activities are free, but carriage rides are \$1, candle dipping is

\$2 and food can also be

Admission to the grounds is free, however, donations will be accepted.

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# portraits

■ **THE ENVIRONMENT:** Great Lakes shipping industry seeks to polish its image

## Shipping industry goes green

MONTE SONNENBERG  
QMI Agency

**PORT DOVER** — The Great Lakes basin is the industrial and population hub of North America.

Few people realize how dependent this zone is on the 130 freighters, tugs and barges that ply the waters of the Great Lakes. Take them away and the economy in this part of the world would grind to a halt.

Many in the neighborhood don't even know that the Great Lakes shipping industry exists. In fact, it only seems to make the news when something goes wrong. The industry wants to change that.

"Shipping by water is by far the most environmentally friendly means of transportation there is," says Capt. Scott Bravener, president of Lower Lakes Towing in Port Dover. "But what most people hear about our industry is in a negative vein.

"Most people have a negative view of us. They hear only of the spills, the Exxon Valdez. We haven't done a very good job of publicizing what we do."

The industry hopes to turn that around with initiatives such as Marine Delivers and Green Marine.

Marine Delivers is a new campaign designed to educate the public on the environmental and economic contribution Great Lakes shipping makes to the wider economy.

Green Delivers is a program that challenges the shipping industry to exceed the environmental performance expected of it by government regulators.

It is not a hard sell. Environmentally-friendly ships are outfitted with the latest, most efficient technology. They tend to be faster, stronger and less expensive to operate than their antiquated cousins.



The SS Michipicoten is one of the last steam-powered freighters on the Great Lakes. This winter, it will undergo a \$15 million retrofit in Sarnia. Next spring, the boat will be diesel-powered, making it faster, stronger, more profitable and easier on the environment. The Michipicoten belongs to Lower Lakes Towing of Port Dover.

Supplied photo

The S.S. Michipicoten — one of 12 vessels in the Lower Lakes fleet — is a case in point. The freighter was built in 1952 and is primarily used to ship iron ore to Essar Steel.

The Michipicoten is one of the last steam-powered boats on the Great Lakes. It uses bunker crude as a fuel source. Following a \$15-million retrofit this winter in Sarnia, the Michipicoten will emerge lighter and faster with two diesel engines, each generating 4,000 horsepower.

When it re-launches in the spring, the Michipicoten will be capable of delivering more freight in less time, making the boat more profitable. And given that it is no

longer burning bunker crude, it will be cleaner.

The Michipicoten will also be fitted with technology designed to remove sulphur dioxide, the key ingredient in acid rain, and nitrogen dioxide, a key ingredient in smog, from its emissions. As a bonus, the boat will be easier to staff.

"Steam technology is becoming obsolete," Bravener said. "It's becoming difficult to find people who are qualified to run it."

Many of the boats plying the Great Lakes are older than they appear. Well-built ships last for decades so long as they stay in fresh water. Freighters serving salt-water

ports eventually rust.

The oldest boat in the Lower Lakes fleet — the Maumee — was built in 1929. The old steamer has since been retrofitted with diesel engines.

Bravener noted that the cement company Lafarge only recently retired a boat that was built around 1900.

# INPORT NEWS

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## ■ I'VE BEEN THINKING

# Christmas soul hunger

REV. GORD ABRAHAM  
Port Colborne Baptist Church

**A** friend of mine, wrote these words in his head as he was thinking about all the business of Christmas and what it signals.

He seems to be addressing the deep inner soul hunger that all of us have for something beyond ourselves.

Ken writes: "It's Christmas night. The midnight hour has chimed and I should be asleep, but I am awake. I'm kept awake by one stunning thought. The world was different this week. It was temporarily transformed."

The magical dust of Christmas glittered on the cheeks of humanity ever so briefly, reminding us of what is worth having and what we were intended to be. We forgot our compulsion with winning, wailing, and warring. We put away our ladders and Ladders, we hung up our stop watches and weapons. We stepped off our race-tracks and roller coasters and looked outward toward the star of Bethlehem.

It's the season to be jolly because, more than at any other time, we think of Him. More than at any other season, His name is on our lips.

And the result? For a few precious hours our heavenly yearnings intermesh and we become a chorus. A ragtime chorus of construction workers. Toronto lawyers, new immigrants, homemakers, students, and a thousand other peculiar persons who are banking their Bethlehem's mystery is in reality, a reality. "Come and behold him," we sing, stirring even the sleepiest of shepherds and pointing them toward the Christ-child.

## ■ readers' views

### One Niagara city not wanted: reader

One Niagara city?

Us men often wonder what happens to our elected representatives once they have been elected, as so many of them appear to lose touch with reality once elected. Peter Partridge's recent pronouncements, on his retirement as chair of Niagara regional council, only serve to confirm these people no longer live in any real world. Niagara is one of the final bastions in Ontario where we suffer a dysfunctional upper tier government mired in bad policy decisions on lower tier governments.

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For a few precious hours, he is behold. Christ the Lord. Those who pass the year without seeing him suddenly see Him. People who have been accustomed to using His name in vain, pause to use it in praise. Eyes, now free of the blindness of self, marvel at His majesty.

All of a sudden He's everywhere. Emmanuel. He is God with us. God came near.

It's Christmas night. A few hours the cleanup will begin — lights will come down, trees will be thrown out. Size 36 will be exchanged for size 40. Egg nog will be on sale for half price. Soon life will be normal again. December's generosity will become January's paymaster and the magic will begin to fade.

But for the moment, the magic is still in the air. Maybe that's why I'm awake. I want to save the spirit just one bit more. I want to pray that those who behold Him today will look for him next August. And I can't help but linger on one fanciful thought. If he came into our city to visit in person, how much more could He be "God with us" every day if we chose to bring him into our lives every day?" Thanks Ken.

Over 2,700 years ago the prophet Isaiah wrote the following words for God. The old King James version starts it with, "Ho, everyone who is thirsty..."

Here it is from "The Message": "Hey there! All who are thirsty, come to the water! Are you penniless? Come anyway—buy and eat. Come, buy your drinks, buy wine and milk. Buy whatever you want—everything's free. Why do you spend your money on junk food, your hard-earned cash on cotton candy? Listen to me, listen well. Eat only the best, fill yourself with only the

finest. Pay attention, come close now, listen carefully to my life-giving, life-nourishing words."

At that time God's people were invited to come to him for all their inner needs and desires to be met. 700 years later, Jesus picked up the invitation, "He cried out, 'If anyone thirsts, let him come to me and drink. Rivers of living water will bring and spill out of the depths of anyone who believes in me this way, just as the Scripture says.' (He said this in regard to the Spirit, whom those who believed in him were about to receive.)" John 7:37

The invitation to come with God is still being offered to us today. With all the excitement of Christmas just starting to escalate we start to feel that some wanting something really great this year. You realize all the sentimental "Ho Ho Ho" has to be "kicked" into a higher level this year to make it better than last. More time off to party, more activity, more lights and gifts and giving, anything to give me more "buzz." But just like last year, the excitement of Christmas is emptiness, thirst, a hunger for more than Christmas can satisfy for a moment.

During this Christmas Season God offers an invitation to satisfy that soul hunger. He wants us to turn to Him as the life's desire to be satisfied in Him all year round. Begin a pursuit to get to know God. After all Christmas is first of all about Him sending His Son who again offers the invitation, "Come to me!"

Read the Story of Jesus for yourself. If you want a copy of the story to read, contact a pastor in the city or call for a copy. The read will change your life. Christmas will be the start of a whole new life with Christ the Lord.

much needed canned goods for the Port Colborne/Wainfleet Inter-Church Food Bank. And on Halloween the students of McKean Elementary School donated canned goods instead of candy for themselves in their Halloween for Hunger Campaign. These three special donations couldn't have come at a better time as our shelves were nearly empty. The Port Colborne/Wainfleet Inter-Church Food Bank thanks all these young people and their families and the schools involved for thinking of these less fortunate.

Marilyn Williams  
Interim director of the Inter-Church Food Bank  
Port Colborne

## yourview Canal traffic up

**T**he St. Lawrence Seaway Management Corp. recently said there's more cargo moving through the St. Lawrence Seaway and Welland Canal and that's good news for everyone. Shipments, to the end of October, reached 27.1 million tonnes, an 17.5% over the same period in 2009.

Ships' significant about the ship shipments is the cargo they transport. Cargo like inbound steel for U.S. and Canadian companies, iron ore, coal and slab steel. The steel shipments are coming in via foreign ships, or sailies as they are also known, and leaving the same way. A steel industry that has started to pick up is not only good news for all of those in that industry, it's also good for the Seaway and all associated businesses.

Local companies who supply the shipping industry, like George Badawey Marine Food Supply and West Pier Marine and Industrial Supply Inc., have seen their business increase as more ships move the seaway system. Badawey's, which mainly supplies food, has seen new shipping customers come on board and West Pier, which supplies different marine services, has seen a turn around from last year. While still not at levels they were a few years ago when the marine industry was stronger, the turn around is good news for both companies.

It's also good news for any company that does business with them, as more product is needed for the shipping industry.

And with the shipping season lasting at least another month before the seaway system shuts down for the year, it means more business coming everyones way.

There is also been an increase in foreign ships moving through the system. Those ships are bringing in steel and taking it out and are also here for grain and soybeans. They're also bringing back wind turbine parts, which was a sector in the industry that slowed down last year.

An increase in the shipping industry is just one sign that an economy may be slowly turning around. Let's hope the trend continues and more ships move through the system before the year's over.

## Good use for empty building

The old bowling alley on King St. will soon be home to 20 people who are living with disabilities, thanks to a project being developed by Gateway Residential.

Gateway Residential received \$2.1 million through the Canada-Housing Affordable Housing Program to pay for the complete renovation of the defunct bowling alley at 569 King St.

Gateway executive director John Oszczyko said the old bowling alley is "in pretty rough shape," but there are plans to renovate the existing structure and add a second floor. He said renovating is a little less expensive than tearing it down and creating a new building. It will also provide construction workers with some shelter as they work through the winter.

It's going to be a building that was sitting empty being put toward a positive use.

## ■ COLUMN

## Staying United to find the way



George Duma  
BY GEORGE

United Way of South  
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see DUMA page 6

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## ■ DUMA

FROM PAGE 5

Why are social-service agencies in south Niagara like The Hope Centre and Port Caree two of our major growth "industries"? Why do we need the

member agencies of the United Way of South Niagara (UWSN) more than ever?

For a long time now, I've been an ardent admirer of the United Way and everything it does. My direct involvement stems back years and really galvanized when Mike

Walsh became publisher of The Tribune.

Mike was a huge supporter of the organization and his wife Karen worked for the UWSN for a few years. She was incredible and a huge loss to the operation when she left. One time, Mike was the chair of the annual fall campaign and I was his Port Colborne lieutenant. We had so, so much fun and all for a good cause.

Many folks still don't actually know what the United Way is and what it does. They're not sure why they should donate to it. I hear it anecdotally all the time. Oh, they know it's a charitable organization but that's often where their knowledge ends. Basically, the UWSN is one-stop shopping when it comes to giving to a charitable group. The UWSN's website will tell you. "United Way of South Niagara is a registered charity serving Pellam, Port Colborne, Welland and Welland. Becoming involved in the United Way of South Niagara is essential not only because we work and play here but most importantly because we live here.

The UWSN is a professional team of community volunteers and is passionately committed to supporting community agencies (that) improve quality of life of people in need by raising and carefully allocating funds and monitoring agency program performance."

see DUMA page 7

# PHOTOGRAPHIC MEMORIES

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# DUMA

FROM PAGE 6

- Provide non-partisan leadership in social change;
- Endorse innovation, partnerships and collective action;
- Respect community wisdom and encourage citizen involvement;
- Demonstrate trust, integrity, transparency, inclusivity and respect;
- Embrace diversity
- and, encourage and promote volunteerism and volunteer leadership.

USWSN helps fund numerous social-justice and social-service agencies throughout our area. The list for 2010 includes:

- Adolescent Family Support Services of Niagara;
- AIDS Niagara;
- Big Brothers Big Sisters of South Niagara;
- Brain Injury Association of Niagara;
- www.portcolbornecommunityliving.com;
- Distress Centre of Niagara;
- Family Counselling Centre;
- The Hope Centre;
- Learning Disabilities Association of Niagara;
- Meals on Wheels Port Colborne Inc.;
- Niagara Centre for Independent Living;
- Niagara Region Sexual Assault Centre, Casa, Inc.;
- Port Care;
- The Raft;



GEORGE DUMA  
InPort News Photo

Claudia Brema and her group of volunteers put on a beautiful luncheon last Sunday to help out the United Way of South Niagara. It featured sausage on a bun, cole slaw, macaroni salad and strudel for dessert, all for \$5. They ended up raising more than \$200 for the organization.

- St. John Ambulance;
- Women's Ambulance;
- Recovery Mediation (WRAM);
- and, Women's Place of South Niagara Inc.

It's an eclectic and vibrant group of social-service agencies. And, when you donate to the USWSN, you can actually specify the member agency you want to support with your donation.

see DUMA page 8

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## ■ DUMA

## FROM PAGE 7

While there have been some major UWSN fundraising events during this year's campaign,

it's the numerous small events that, combined, do wonders to help the organization and raise awareness.

Take last Sunday, for example. Claudia Walker — actually Brema since she married

Dante — is one of Port Colborne's volunteers, has been for years.

After the regular morning church service at First Lutheran

on Elm St., Claudia and her team of volunteers staged a beautiful luncheon in the church hall. With the help of Matt Ayres and sausage donated by Chuck Simpson, it was probably the best lunch to be had anywhere in town that day for five bucks.

Along with a raffle she had going on the side, Claudia ended up raising more than \$250.

This is a two-hour gathering. So it really doesn't have to be a huge, elaborate event to raise some much-needed funds for the United Way.

Please give it some thought. Is there something you and a group of your friends and/or family members could do to help out? Lord knows every little bit helps. Especially during tough times.

George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the Journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at: gduma@cokeco.ca

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## NOTICE OF INTENTION TO DESIGNATE

**TAKE NOTICE** that the Council of the City of Port Colborne intends to designate the property, including the exterior of the western portion of the existing structure that was built in 1915 as a property of cultural heritage value under Part IV of the Ontario Heritage Act, R.S.O. 1990, Chapter O.18.

2703 Chippawa (Carl) Road  
Julia Yager Community Centre (Humberstone School No. 6)  
Port Lot 18, Concession 3, City of Port Colborne, Regional Municipality of Niagara

## REASONS FOR THE PROPOSED DESIGNATION

This City-owned property meets numerous criteria required for designation under Part IV of the Ontario Heritage Act. The site is culturally significant because of its design and physical value, historical and associative value and contextual value.

The current structure was one of the oldest schools in existence in Port Colborne and sits on the site of possibly the first school in this area. The style of this school is an example of early 1900 style schools and may contain some of the bricks used in the previous school structure which dates back to 1868. Many of the original city founders would have been educated at this site.

The property has design value or physical value because it is a rare, unique, representative or early example of a style, type, expression, material or construction method, and it displays a high degree of craftsmanship or artistic merit.

The property has historical value or associative value because it has direct associations with institutions that have had significance to our community and the property yields information that contributes to an understanding of our community.

The property has contextual value because it is important in defining and supporting the character of the area, is physically and functionally linked to its surroundings, and is a landmark.

**PLEASE TAKE NOTICE** any person may, within thirty (30) days after the date of publication of this notice, send by registered mail or deliver to the Clerk of the City of Port Colborne notice of his or her objection to the proposed designation together with a statement setting out the reasons for the objection and all relevant facts. If such Notice of Objection is received, the Council of the Corporation of the City of Port Colborne shall refer the matter to the Conservation Review Board for a hearing.

Dated the 26th of November, 2010.

Ashley Grigg, City Clerk  
66 Charlotte Street  
Port Colborne, ON  
L3K 3C8

# RECIPE of the Week

November 26<sup>th</sup> to December 9<sup>th</sup>

*Our Port Country Pantry's*

## Zucchini Christmas Bread

### 1. Mix dry ingredients together.

2. Make a well into the centre of mixture. Mix together in well the oil, beaten eggs & vanilla. Stir briskly with fork. Then combine all ingredients, mix well. Mixture will become very stiff. Add zucchini, nuts & fruit of choice. Mix well.

Bake at 350 degrees in (2) well greased 9"x5" pans for 1 hour or until done. Insert toothpick into centre of bread, when it comes out clean, Bread is done.

Zucchini Christmas Bread & Recipe was donated by Port Country Pantry, for Films for Seniors at the Port Colborne Library, November 3rd.

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■ **PARADE:** Santa arrives by tug before joining parade

## Santa Claus docking in Port Colborne

InPort News Staff

PORT COLBORNE — Santa Claus is coming to town in early December and he's bringing some company with him.

Ailaina Kane, the city's special events co-ordinator, says the annual Santa Claus parade will see Jolly St. Nick and at least 30 floats make way through the city Dec. 4.

The parade starts at 6:30 p.m. Kane says there are some new parade participants this year, including First Student Canada and Powerhouse Project-Young Carers Initiative.

"Most of the regulars will be back in the parade," she says.

One of those regulars is the West Seneca Marching Band, of western New York. The band is the 2010 Liberty Bowl field show champion and the 2009 and 2010 New York State champion.

"They have upwards of 65 participants, including a colour guard. Everybody loves them and they were really good last year."

The route of the nighttime parade stays the same, starting off at Port Colborne High School and heading south on Steele St. to Clarence St., east to West St., south to Charlotte St. and ending at city hall.

Santa will be available for a meet-and-greet with children afterwards.

Kane says there are 30 floats entered now. The parade could accommodate 20 to 25 more.

Anyone wanting to enter a float can contact Ailaina Kane at 905-434-1668 ext. 234.

Before Santa takes part in the parade, he'll arrive on West St. by tugboat at about 1 p.m. and be greeted by the McKay School choir. There will also be hot chocolate on hand and goodies, too.

■ **NHS:** Committee acts as liaison with health systemKAESHA FORAND  
InPort News Staff

PORT COLBORNE — When it comes to the state of their hospital, Port Colborne residents are concerned and want to be informed of the changes that are occurring.

That's why members of the Port Colborne Community Standing Committee have set up an open house at the hospital last weekend from 10 a.m. to 1 p.m., and answered questions fielded by members of the public.

The standing committee acts as a liaison between the Niagara Health System and the community.

Committee chair Karen Marr said residents are expressing concerns about the Urgent Care Centre closing in the future, renovations and the need to con-

**We need feedback to what programs and services they would like to see," she said. "And we have services people don't know about."**

Karen Marr, chair, Port Colborne Community standing committee

tract physicians to work in the UCC because the hospital doesn't have sufficient staff.

"We need feedback to what programs and services they would like to see," she said.

"And we have services people don't know about." Hospital clients often go to other locations for services such as diabetes education, diagnostic imaging, mental health, gynecology clinic, physiotherapy, urology, breast screening, internal medicine and other services they might not know are offered in Port Colborne.

But for the most part, con-

stituents' biggest concerns are keeping the UCC open 24 hours a day, seven days a week.

For the renovations, Marr said the Ministry of Health has the final approval, but the renovations will take part in the west wing with a new main entrance and wheelchair accessibility.

The outpatient services currently offered in the west wing will be relocated throughout the hospital.

The committee is composed of NHS board member Paul Leon, NHS chief executive officer Debbie Sevenpiper who serves as an ex officio, Dr. George Rungl and com-

munity members Ashleigh Miatello Skrubbeltrang, Steven Rivers and Linda Vincent to represent the Port Colborne site and community.

It meets with NHS staff every six to eight weeks to go through concerns and voice the concerns of the community.

"We're watching it very closely."

"This is our first open house and hopefully we will do this annually," she said.

"We had a good turnout and people brought forth good questions." Although the committee may not always be available to the public, concerns can be relayed through Karen Wilson at 905-378-4647 ext. 32112, kwilson@niagara-health.on.ca or can contact Marr at 905-835-1115.

kforand@wellandtribune.ca

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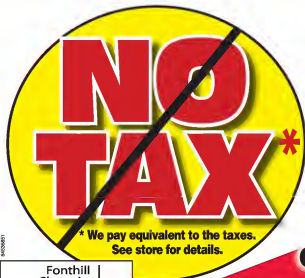
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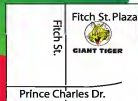
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## GERD

Many people suffer from heartburn, and the slightly more serious form of the disease, Gastro Esophageal Reflux Disease (GERD). There are a number of medications used to treat this problem.

If you suffer from the occasional heartburn attack an over the counter antacid can be very helpful. Tums, Gaviscon, and Maalox, are a few examples. As well you can try to avoid attacks by stopping eating two to three hours before bedtime. Reducing your alcohol intake, stopping smoking, elevating the head of your bed four to six inches, maintaining a healthy weight, and avoiding coffee, chocolate, and peppermint.

If these measures are unsatisfactory you can try an H2-blocker such as Zantac. An H2 blocker blocks acid secretion triggered by histamine. These meds work without regard to meals, however patients can develop a tolerance to them. For many people their doctor has started them on an additional medicine called a proton pump inhibitor (PPI). Examples include Pariet, Nexium, Prevacid and Pantoloc. These medications work by shutting down the acid producing pumps in your stomach. If you are on a PPI once a day, take it 30 to 60 minutes before a meal, preferably breakfast. If you take it twice a day, the second dose should be taken 30 to 60 minutes before dinner. This helps turn off the active acid producing pumps that are working at meal times. If you are also taking an H2-blocker take that medication at bedtime.

Taking a PPI can affect the amount of calcium absorbed. This could increase your risk of a fracture especially if you are over 50. To help counter this make sure you are getting enough calcium and vitamin D through your diet or a supplement. Calcium citrate is a better supplement to take for absorption if you are taking a PPI. Long term use of a PPI can also lead to a B12 deficiency. Taking a daily multivitamin can help prevent this.

Recently there has been a concern raised about an interaction with Plavix and PPIs. If you are taking both medications ask your doctor about this issue. Certain PPIs cause more of a problem than others. PPIs have been shown to decrease the antiplatelet activity of Plavix, and therefore increase the risk of cardiovascular events such as heart attacks.

PPIs also seem to increase the risk of pneumonia, and clostridium difficile diarrhea, possibly because the gastric acid suppression may allow bacteria to overgrow.

PPIs are good medications but you should make sure you are on one for the right reason. Many patients are put on them in hospital to prevent GI bleeding but they are not stopped on discharge. PPIs should be used to prevent ulcers if a patient is taking a long term NSAID (Advil) or COX-2 inhibitor (Celebrex), and those patients at high risk for ulcers or GI Bleeding due to severe GERD and erosive esophagitis. Long term therapy is not needed for H.pylori or duodenal ulcers. If you are able to stop your PPI it should be tapered to avoid acid rebound.

If you have chronic heartburn talk to your doctor about what the best treatment is for you. With simple lifestyle changes, and over the counter medications. If these steps fail consider discussing the appropriateness of a PPI.

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## ■ FUNDRAISER: 17th year for hospital event



KAESHA FORAND Staff Photo

Participants of the Ribbon of Lights kickoff look up as lights shine brightly on Port Colborne General Hospital. Tuesday night marked the launch of the 17th annual fundraiser.

## Switch flipped on Ribbon of Lights

KAESHA FORAND  
InPort News Staff

PORT COLBORNE — Lights and stars on Port Colborne General Hospital shined brightly for a small group of people who momentarily braved rain to see them being turned on.

Last week, Port Colborne Hospital Foundation held its 17th annual Ribbon of Lights kickoff at the hospital, but was forced to hold the event indoors because of the rain.

The fundraising campaign recognizes the memory of someone who has died or allows a donation to be made as a gift for a friend or family member. A person's name can be dedicated to a light or star

shining outside the hospital. Six names can be dedicated to a string of lights. A card will be sent to the person being honoured or to the family of the person being remembered.

One light costs a \$25 donation, a string of lights is \$150, a star is \$500 and a large star is \$1,000.

Ribbon of Lights raised \$20,000 last year. Over the past 17 years \$239,000 has been raised. Master of ceremonies Bill Armstrong appealed to people at Wednesday's kickoff to support the worthy cause.

"There is no place that gives from the bottom of your heart like Port Colborne."

see LIGHTS page 15



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## ■ LIGHTS

FROM PAGE 14

The kickoff featured a short ceremony indoors, Christmas carols sung by students from McKay Elementary School and a special visit from Santa Claus.

Debbie Spraggott of the Port Colborne Hospital Foundation said this year's money is earmarked for four

electric beds with GeoMatrix mattresses that help distribute weight and prevent bed sores, costing \$45,600.

"This is the beginning of our celebration and a chance to honour our friends and family," said health program director Wendy Robb.

Weiland and Port Colborne hospital founda-

tions have teamed up to send out one fundraising mailer outlining donation opportunities and detailing stories of donors.

Lights and stars can be purchased at the Port Colborne Hospital Foundation office. For additional information, call 905-834-4301, ext. 32126.

kforand@wellandtribune.ca

## ■ WORKSHOP

## A toast to the toastmasters

RACHEL ROY  
For InPort News

PORT COLBORNE — Port Colborne High School is holding eight weekly workshops

for students who would like to hone their public speaking skills.

It's showing how kids can be youth leaders.

Wayne Buchkowski, from Garden City Toastmasters, held the first meeting on November 17. He explained to students at Port High how to work through speeches and public speaking.

Chace King, Sarah Burger, and Katie Robinson are the senior leaders of this workshop and they are helping the Grade 9 students with public speaking.

The reason behind this workshop is assist Grade 9 students who want to become better speakers and learn how speak with confidence.

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